



# MONTANA

*Where health is a Way of living*

**HEALTH EDUCATION—RISK REDUCTION  
RESOURCE INVENTORY**

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# DEPARTMENT OF HEALTH AND ENVIRONMENTAL SCIENCES



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Dear Friend:

The Montana Health Education/Risk Reduction Directory is an informational packet prepared by the Preventive Health Services Bureau and the Bureau of Health Planning and Resource Development, to assist in organizing community health promotion-disease prevention efforts. These efforts are viewed as opportunities within the community to interest the people in taking positive steps toward improving and protecting health. The communities can take an important step toward reducing the incidence of chronic diseases and disabilities caused by lifestyle and the environment. Further improvements in the health of Montana can be achieved -- not alone through medical care and greater health expenditures -- but through local communities committing themselves to efforts designed to prevent disease and promote health.

We had several objectives in mind while we were piecing together the information. The informational packet will assist in:

1. Serving as a guide to locating appropriate resources and information designed to prevent disease and promote health.
2. Facilitating communication among agencies and organizations concerned with the promotion of health and risk reduction in chronic disease.
3. Increasing coordination of services, resources, and preventive efforts with agencies/organizations concerned with prevention of disease and with promotion of health.
4. Assessing gaps and analyzing needs in county services and preventive health efforts.
5. Creating an awareness among community leaders, organizations, and the larger community to the need for health promotion and for exploration of how a community might have a definite health impact on its citizens.
6. Improving access to health information.

We hope you find the packet useful. The Health Education/Risk Reduction Program in the Preventive Health Services Bureau is willing to assist in any way that promotes the health of the people of Montana. I would encourage you to utilize our assistance by phoning (406)-449-4740 or writing the Preventive Health Services Bureau, Cogswell Building, Helena, Montana 59620.

Sincerely,

Robert W. Moon, M.P.H.  
Health Promotion Coordinator



# PLEASE RETURN

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MONTANA HEALTH EDUCATION/RISK REDUCTION DIRECTORY

A. CHRONIC DISEASES

Alcoholism/Cirrhosis

National Clearinghouse for Alcohol Information  
P. O. Box 2345  
Rockville, Maryland 20852 (301)-468-2600

Alcohol & Drug Abuse Division  
Montana Dept. of Institutions  
1539 11th Avenue  
Helena, MT 59601 (406)-449-2827

Montana Council on Alcoholism  
2033 11th Avenue  
Helena, MT 59601 (406)-442-5726

Arthritis

Arthritis Information Clearinghouse  
P. O. Box 34427  
Bethesda, MD 20034 (301)-881-9411

Arthritis Foundation  
3400 Peachtree Road, N.E.  
Atlanta, GA 30326 (404)-266-0795

National Institute of Arthritis, Metabolism & Digestive Diseases  
National Institutes of Health  
Bethesda, MD 20014 (301)-496-3583

Montana Arthritis Foundation (Midland Chapter)  
1201 Avenue C  
Billings, MT 59101

Cancer

Cancer Information Clearinghouse  
National Cancer Institute, Office of Cancer Communications  
9000 Rockville Pike, Bldg. 31, Room 10 A 18  
Bethesda, MD 20205 (301)-496-4070

National Cancer Foundation  
One Park Avenue  
New York, NY 10016 (212)-679-5700

Cancer Information Service (C.I.S.)  
1825 Connecticut Avenue, N.W., Suite 218  
Washington, D.C. 20009 (202)-232-2833

National Foundation for Cancer Research (NFCR)  
7315 Wisconsin Avenue, Suite 851 W  
Bethesda, MD 20014 (301)-654-1250

National Clearinghouse for Smoking & Health  
Centers for Disease Control  
Public Health Service  
Atlanta, GA 30333 (404)-633-3311

Cancer (continued)

State of Montana Central Tumor Registry  
Preventive Health Services Bureau  
Cogswell Building  
Helena, MT 59620 (406)-449-4740

Montana Division, American Cancer Society  
2820 First Avenue South  
Billings, MT 59101 (406)-252-7111

Cerebral Palsy

United Cerebral Palsy Association (UCPA)  
66 E. 34th Street  
New York, NY 10016 (212)-481-6300

Cerebral Palsy Association of Montana  
Room 426, Casco Building  
Great Falls, MT 59401 (406)-454-3561

Cystic Fibrosis

Cystic Fibrosis Foundation  
6000 Executive Blvd., Suite 309  
Rockville, MD 20852 (301)-881-9130

Diabetes

American Association of Diabetes Educators  
3553 W. Peterson Avenue  
Chicago, IL 60659

American Diabetes Association  
600 5th Avenue  
New York, NY 10020 (212)-541-4310

Joslin Diabetes Foundation  
One Joslin Place  
Boston, MA 02215

National Diabetes Information Clearinghouse  
805 15th Street, N.W., Suite 500  
Washington, D.C. 20005 (202)-842-7630

National Diabetes Information & Education Clearinghouse  
National Institutes of Arthritis, Metabolism & Digestive Diseases  
Westwood Bldg., Room 628  
Bethesda, MD 20205

Juvenile Diabetes Foundation  
23 East 26th  
New York, NY 10010

Montana Affiliate, American Diabetes Association  
P. O. Box 2411  
Great Falls, MT 59403

State Dept. of Health & Environmental Sciences  
Preventive Health Services Bureau  
Attn: Louise Oman  
Cogswell Building  
Helena, MT 59620 (406)-449-4740



#### Genetic Diseases

National Clearinghouse for Human Genetic Diseases  
1776 E. Jefferson Street  
Rockville, MD 20852

National Clearinghouse for Human Genetic Diseases  
805 15th Street, Suite 500  
Washington, D.C. 20005 (201)-842-7617

Shodair Genetics & Birth Defects Unit  
840 Helena Avenue  
Helena, MT 59601 (406)-442-1980-Ext. 006

Handicapped Children's Services  
Maternal & Child Health Services Bureau  
Cogswell Building  
Helena, MT 59620 (406)-449-4740

#### Heart Disease

American Heart Association (AHA)  
7320 Greenville Avenue  
Dallas, TX 75231 (214)-750-5300

Heart Disease Research Foundation (HDRF)  
50 Court Street  
Brooklyn, NY 11201 (212)-649-9003

American Heart Association  
Inquiries Section  
44 E. 23rd Street  
New York, NY 10010

Montana Heart Association  
510 1st Avenue North  
Great Falls, MT 59401 (406)-452-2362

Preventive Health Services Bureau  
Montana Dept. of Health & Environmental Sciences  
Cogswell Building  
Helena, MT 59620

#### Hypertension

National Heart, Lung, Blood Institute  
Public Inquiries Office  
Room 4A21, Bldg. 31  
National Institutes of Health  
Bethesda, MD 20205 (301)-496-4236

High Blood Pressure Information Center  
Suite 300, 7910 Woodmont Avenue  
Bethesda, MD 20014 (301)-652-7700

High Blood Pressure Control Project  
Preventive Health Services Bureau  
Cogswell Building  
Helena, MT 59620 (406)-449-4740

### Kidney/Renal Disease

National Kidney Foundation  
2 Park Avenue  
New York, NY 10016

In-Stage Renal Disease  
Network Coordinating Council #2  
157 Yesler Way, Suite 409  
Seattle, WA 98104 (206)-682-2096

Montana Social & Rehabilitation Services  
Medicaid Bureau, Room 103  
SRS Building, 111 Sanders  
Helena, MT 59620

In-Stage Renal Disease Program  
Social Security Administration  
Federal Building  
Helena, MT 59601

Montana Social & Rehabilitation Services  
Vocational Rehabilitation Division  
Room 202, SRS Building  
111 Sanders  
Helena, MT 59620

### Lung and Respiratory Diseases (includes Bronchitis & Emphysema)

Montana Lung Association  
825 Helena Avenue  
Helena, MT 59601 (406)-442-6556

Montana Society for Respiratory Therapy  
1004 Division Street  
Billings, MT 59101 (406)-657-4000

### Multiple Sclerosis

National Multiple Sclerosis Society  
Public Relations Dept.  
257 Park Avenue South  
New York, NY 10010

National Multiple Sclerosis Society, Montana Chapter  
Box 2802  
Great Falls, MT 59403 (406)-452-9529

## B. OTHER NON-COMMUNICABLE HEALTH PROBLEMS

### Accidents: Motor Vehicle, Non-Motor Vehicle

Clearinghouse for Occupational Safety & Health Information  
National Institute for Occupational Safety & Health  
Robert A. Taft Laboratories  
Mail Stop C-18  
4676 Columbia Parkway  
Cincinnati, OH 45226

National Injury Information Clearinghouse  
Consumer Product Safety Commission  
5401 Westbard Avenue, Room 625  
Washington, D.C. 20207

Accidents: Motor Vehicle, Non-Motor Vehicle (continued)

Montana Dept. of Health & Environmental Sciences  
Food and Consumer Safety Bureau  
Cogswell Building  
Helena, MT 59620 (406)-449-3454

Montana Dept. of Health & Environmental Sciences  
Occupational Health Bureau  
Cogswell Building  
Helena, MT 59620 (406)-449-3671

Montana Dept. of Justice  
Highway Safety Division  
303 Roberts  
Helena, MT 59620

Montana Dept. of Labor and Industry  
Safety and Health Bureau  
510 Logan Street  
Helena, MT 59601

Homicide

Federal Bureau of Investigation  
Federal Building  
Helena, MT 59601

Montana Dept. of Institutions  
Corrections Division  
1539 11th Avenue  
Helena, MT 59601

Montana Dept. of Justice  
Attorney General  
Capitol Building  
Helena, MT 59620

Montana Dept. of Justice  
Board of Crime Control  
303 Roberts  
Helena, MT 59620

Poisoning

Division of Poison Control  
Food and Drug Administration  
5600 Fishers Lane, Room 1345  
Rockville, MD 20857

National Clearinghouse for Drug Abuse Information  
National Institute on Drug Abuse  
Parklawn Building, Room 10A53  
5600 Fishers Lane  
Rockville, MD 20857 (301)-443-6500

Rocky Mountain Poison Control Center  
West 8th Cherokee  
Denver, CO 80204

Emergency -- 1-800-525-5042  
Administration -- (303)-893-7774

Poisoning (continued)

Montana Dept. of Health & Environmental Sciences  
Emergency Medical Services Bureau/Solid Waste Management Bureau  
Cogswell Building  
Helena, MT 59620

Suicide

Center for Information on Suicide  
1041 Menlo  
Los Angeles, CA 90006 (213)-381-5111

Montana Dept. of Institutions  
Mental Health & Residential Services Division  
1539 11th Avenue  
Helena, MT 59620

Adolescent Crisis Center -- (406)-248-8727

Bozeman Help Center -- (406)-586-3333

Butte Stress Unit -- (406)-782-0408

Family Crisis Center -- (406)-252-1212

Glasgow Crisis Line/Center -- (406)-228-8285

Great Falls Crisis Center -- (406)-453-6511

Hamilton Crisis Center -- (406)-363-2766

Missoula Crisis Center -- Emergency (406)-543-8277  
-- Administration (406)-543-4555

C. HEALTH PROMOTION RESOURCES

Aging Services

National Clearinghouse on Aging  
330 Independence Avenue  
Washington, D.C. 20201 (202)-245-2158

Aging Services Bureau  
Montana Dept. of Social & Rehabilitation Services  
Box 4210  
Helena, MT 59601 (406)-449-5650

Montana Center of Gerontology  
Montana State University  
Bozeman, MT 59717 (406)-994-2371

Area I Agency on Aging  
Action for Eastern Montana  
306 N. Kendrick Avenue  
Glendive, MT 59330

Area II Agency on Aging  
236 Main  
Roundup, MT 59072 (406)-323-1320

Aging Services (continued)

Area III Agency on Aging  
223 S. Main  
Conrad, MT 59425 (406)-278-5662

Area IV Agency on Aging  
Rocky Mountain Development Council  
P. O. Box 721  
Helena, MT 59601 (406)-442-1552

Area V Agency on Aging  
115 East Pennsylvania Avenue  
Anaconda, MT 59711 (406)-563-3110

Alcohol Centers

District I Alcohol Program  
Courthouse Annex  
P. O. Box 582  
Glasgow, MT 59230 (406)-228-9093

District II Alcohol & Drug Program  
Glendive Medical Center  
Glendive, MT 59330 (406)-365-5942

District III Alcohol & Drug Program  
321 Main -- Office 3  
Miles City, MT 59301 (406)-232-6542

Chambers of Commerce

Montana Chamber of Commerce  
Box 1730, Helena, MT 59601 (406)-442-2405  
Anaconda: Box 757, (59711), (406)-463-2400  
Baker: Box 795, (59313), (406)-778-3344 or 778-2050  
Belgrade: Box 709, (59714), (406)-338-6225  
Bigfork: Box 237, (59911), (406)-837-4883  
Big Sandy: Box 70, (59520), (406)-378-2145  
Big Timber: Box 1012, (59011), (406)-932-3615 or 932-2141  
Billings: Box 2519, (59103), (406)-245-4111  
Bozeman: Box B, (59715), (406)-586-5421  
Broadus: Box 5, (59317), (406)-436-2364 or 436-2229  
Butte: 2950 Harrison Ave., (59701), (406)-494-5595  
Choteau: Box 667, (59422), (406)-466-5743  
Circle: (59215), (406)-485-2566  
Columbia Falls: Box 312, (59912)-(406)-892-4306  
Columbus: Box 783, (59019), (406)-322-4358  
Conrad: 406½ S. Main, (59425), (406)-278-7791  
Culbertson: (59218), (406)-787-5821 or 787-5376  
Cut Bank: Box 1243, (59427), (406)-873-4041

Chambers of Commerce (continued)

Deer Lodge: City Hall, (59722), (406)-846-2094  
Dillon: Box 830, (59725), (406)-683-5511  
Ekalaka: (59324), (406)-775-6337  
Ennis: Box 283, (59729), (406)-682-4236  
Eureka: Box 186, (59917), (406)-296-3839  
Fairfield: Box 243, (59436), (406)-467-2242  
Fairview: (59221), (406)-747-5283  
Forsyth: Box 448, (59327), (406)-356-2122  
Fort Benton: Box 313, (59442), (406)-622-5254  
Gardiner: Box 81, (59030)  
Glasgow: Box 832, (59230), (406)-228-2222  
Glendive: Box 930, (59330), (406)-365-5601  
Great Falls: Box 2127, (59403), (406)-761-4434  
Hamilton: 105 E. Main, (59840), (406)-363-2400  
Hardin: Box Q, (59034), (406)-665-1552  
Harlowton: Box 694, (59036), (406)-632-5752  
Havre: Box 308, (59501), (406)-265-4383  
Helena: 201 E. Lyndale, (59601), (406)-442-4120  
Hinsdale: (59241), (406)-364-2221  
Hot Springs: Box 580, (59845), (406)-741-2241  
Jordan: (59337), (406)-557-2757  
Kalispell: Box 978, (59901), (406)-755-6166  
Lakeside: W. Shore Flathead Lake, (59922), (406)-844-3644  
Laurel: Box 395, (59044), (406)-628-8105  
Lewistown: Box 818, (59457), (406)-538-5436  
Libby: Box 704, (59923), (406)-293-3832  
Lincoln: Box 399, (59639), (406)-362-4540  
Livingston: Box 660, (59047), (406)-222-0850  
Malta: Box 334, (59538), (406)-654-1634  
Miles City: Box 730, (59301), (406)-232-2890  
Missoula: Box 7577, (59801), (406)-543-6623  
Philipsburg: 10 Sutter, (59858), (406)-859-3215  
Plains: Box 714, (59859), (406)-826-3664  
Plentywood: Box 4, (59254)  
Polson: Box 677, (59860), (406)-883-5969  
Poplar: (59255), (406)-768-3483

Chambers of Commerce (continued)

Red Lodge: Box 998, (59068), (406)-446-1718  
Rickey: (59259), (406)-773-5633  
Ronan: Box 254, (59864), (406)-676-5320  
Roundup: Box 751, (59072), (406)-323-1966  
Saco: Box 27, (59261)  
Scobey: (59263), (406)-487-5571  
Seeley Lake: (59868), (406)-677-2331  
Shelby: Box 488, (59474), (406)-434-2031  
Sidney: 606 X. Central, (59270), (406)-482-1916  
St. Ignatius: Box 408, (59865)  
Stanford: Box 386, (59479)  
Superior: Box 451, (59872), (406)-822-4243  
Swan Lake: (59911), (406)-886-3600  
Terry: Box 164, (59349), (406)-637-5816  
Thompson Falls-Trout Creek-Noxon: Box 493, (59873), (406)-827-3366  
Three Forks: Box 37, (59752), (406)-285-3291  
Townsend: Box X, (59644), (406)-266-3176  
Troy: (59935), (406)-295-4222  
Virginia City: (59755), (406)-843-5416  
West Yellowstone: Box 458, (59758), (406)-646-7528  
Whitefish: Box 1309, (59937), (406), 862-3501  
Wibaux: Box 260, (59353), (406)-795-2930  
Wolf Point: Box 237, (59201), (406)-653-2012

Communicable Disease

Montana Dept. of Health & Environmental Sciences  
Preventive Health Services Bureau  
Cogswell Building  
Helena, MT 59620 (406)-449-4740  
  
Montana Dept. of Livestock  
Animal Health Division  
3rd Floor, Scott Hart Building  
301 Roberts  
Helena, MT 59620 (406)-449-2043

Cooperative Extension Services

Beaverhead County

Box 190, Dillon, 59725 (406)-683-2842

Big Horn County

Drawer F, Hardin, 59034 (406)-665-1405

Blackfeet Reservation

Box "Z", Browning, 59417 (406)-338-7511

Blaine County

Box 519, Chinook, 59523 (406)-357-3200

Broadwater County

Box 670, Townsend, 59644 (406)-266-3419

Carbon County

Drawer F, Joliet, 59041 (406)-962-3545

Cascade County

Box 6790, Great Falls, 59406 (406)-761-6700

Choteau County

Box 428, Fort Benton, 59442 (406)-622-3751

Crow Reservation

Crow Agency, 59022 (406)-638-2671

Custer County

Courthouse, Miles City, 59301 (406)-232-4781

Daniels County

Box 187, Scobey, 59263 (406)-478-2861

Dawson County

Box 811, Glendive, 59330 (406)-365-4277

Deer Lodge-Powell Counties

Box 660, Deer Lodge, 59722 (406)-846-1852

Fallon-Carter Counties

Box 850, Baker, 59313 (406)-778-2424

Fergus County

Box 740, Lewistown, 59457 (406)-538-3919

Flathead County

Box 638, Kalispell, 59901 (406)-755-5300

Ft. Belknap Reservation

Harlem, 59526 (406)-353-2205

Gallatin County

Box 1946, Bozeman, 59715 (406)-586-0271

Garfield County

Box 81, Jordan, 59337 (406)-557-2770

Glacier County

Box 398, Cut Bank, 59427 (406)-873-2382



Cooperative Extension Services (continued)

Granite County

Box 665, Phillipsburg, 59858 (406)-859-3292

Hill County

Courthouse, Havre, 59501 (406)-265-5481

Judith Basin County

Box 427, Stanford, 59479 (406)-566-2210

Lake County

Box 0, Ronan, 59864 (406)-676-4271

Lewis & Clark County

Box 855, Helena, 59601 (406)-443-1010

Liberty County

Box 607, Chester, 59522 (406)-759-5625

Lincoln County

418 Mineral Avenue, Libby, 59923 (406)-293-7781

Madison-Jefferson County

Box B, Whitehall, 59759 (406)-287-3282

McCone County

Box 200, Circle, 59215 (406)-485-2605

Mineral County

Box 730, Superior, 59872 (406)-822-4561

Missoula County

Courthouse, Missoula, 59801 (406)-721-5700

Musselshell-Golden Valley Counties

Box 128, Roundup, 59072 (406)-323-2704

Park County

Box 694, Livingston, 59047 (406)-222-1273

Phillips County

Box 430, Malta, 59538 (406)-654-2543

Pondera County

20 4th Ave. S.W., Conrad, 59425 (406)-278-3121

Powder River County

Box "I", Broadus, 59317 (406)-436-2424

Prairie County

Box 7, Terry, 59349 (406)-637-5786

Ravalli County

Courthouse, Box 5009, Hamilton, 59840 (406)-363-2044

Richland County

Box 1028, Sidney, 59270 (406)-482-1206

Roosevelt County

Box 416, Culbertson, 59218 (406)-787-5312

Rosebud-Treasure Counties

Box 65, Forsyth, 59327 (406)-356-7320

Cooperative Extension Services (continued)

Sanders County

Box 189, Thompson Falls, 59873 (406)-827-3532

Sheridan County

Courthouse, Plentywood, 59254 (406)-765-1020

Silver Bow County

Courthouse, Butte, 59701 (406)-723-8262

Stillwater County

Box 607, Columbus, 59019 (406)-322-5334

Sweet Grass County

Box 640, Big Timber, 59011 (406)-932-2445

Teton County

Box 130, Choteau, 59422 (406)-466-2491

Box 247, Fairfield, 59436 (406)-467-2344

Toole County

Box 609, Shelby, 59474 (406)-434-5351

Valley County

Box 991, Glasgow, 59230 (406)-228-2456

Wibaux County

Box 345, Wibaux, 59353 (406)-795-2432

Yellowstone County

Courthouse, Room 202, Billings, 59101 (406)-252-5181

Family Planning

Planned Parenthood of Billings, Inc.

2722 Montana Ave., Billings, 59101 (406)-248-3636

Family Planning Services of So. Central Montana

P. O. Box 1276, Bozeman, 59715 (406)-587-0681

Family Service Center

25 West Front Street, Butte, 59701 (406)-723-8262

Dawson County Family Planning

Box 85, Glendive, 59330 (406)-365-2935

Community Health Systems, Inc.

P. O. Box 2806, Great Falls, 59403 (406)-452-9564

Ravalli County Family Planning

Box 5018, Hamilton, 59840 (406)-363-3223

Hill County Family Planning

Box 166, Havre, 59501 (406)-265-6744

Helena Tri-County Family Planning

201 So. Last Chance Gulch, Helena, 59601 (406)-442-3830

Flathead County Family Planning

723 Fifth Ave. East, Kalispell, 59901 (406)-755-5300, ext. 330

#### Family Planning (continued)

Central Montana Family Planning  
Room 206, Bank Electric Bldg., Lewistown, 59457 (406)-538-8811

Lincoln County Family Planning  
209 West Second St., Libby, 59923 (406)-293-6291

Phillips County Family Planning  
Box 1197, Malta, 59538 (406)-654-2078

Custer County Family Planning  
Courthouse, Miles City, 59301 (406)-232-3307

Planned Parenthood of Missoula, Inc.  
235 East Pine St., Missoula, 59801 (406)-728-5490

Lake County Family Planning  
P. O. Box 4035, Polson, 59860 (406)-883-6211, ext. 207

#### Health Education Resources

Association of the Advancement of Health Education (AAHE)  
1201 16th Street, N.W.  
Washington, D.C. 20036

Society of Professional Health Education, Inc.  
693 Sutter Street, 4th Floor  
San Francisco, CA 94102 (415)-673-7266

U.S. Dept. of Health and Human Services  
Public Health Service  
Centers for Disease Control  
Center for Health Promotion and Education  
Atlanta, GA 30333

Center for Health Promotion  
American Hospital Association  
840 N. Lake Shore Drive  
Chicago, IL 60611

Health Education/Risk Reduction Project  
Preventive Health Services Bureau  
Cogswell Building  
Helena, MT 59620 (406)-449-4740

#### Health Education/Risk Reduction Statewide Task Force

Bernice Bjertness  
Yellowstone City-County Health Dept.  
Room 205, Courthouse  
Billings, MT 59101 (406)-252-5181, ext. 320

John Connor  
Montana Heart Association  
510 1st Avenue North  
Great Falls, MT 59401 (406)-452-2362

Health Education/Risk Reduction Statewide Task Force (continued)

Dave DePew

Montana Public Employees Association

1426 Cedar

Helena, MT 59601 (406)-442-5600

Ruth Eaton

American Cancer Society, Montana Division, Inc.

2820 First Avenue South

Billings, MT 59101 (406)-252-7111

Edward Eschler

Office of Public Instruction

1300 Eleventh Avenue

Helena, MT 59601 (406)-449-2543

Roland Fisher

Montana Hospital Association

1720 9th Avenue

Helena, MT 59601 (406)-442-1911

Monte Gagliardi

Montana Cooperative Extension Service

Montana State University

Bozeman, MT 59717 (406)-994-3451

Bert Glueckert

Montana Health Systems Agency

324 Fuller Avenue

Helena, MT 59601 (406)-443-5965

John A. Layne, M.D.

817 5th Avenue North

Great Falls, MT 59401 (406)-453-6659

Bruce Leonard

Public Health Service

Indian Health Service

Poplar, MT 59255 (406)-768-3491

Annabelle Richards

Montana Foundation for Medical Care

2717 Airport Road

Helena, MT 59601 (406)-443-4020

Stanley Rosenberg

4720 Itana Circle

Bozeman, MT 59715 (406)-587-3401

Earl Thomas

Montana Lung Association

825 Helena Avenue

Helena, MT 59601 (406)-442-6556

Thomas Whiddon

University of Montana, School of HPER

Missoula, MT 59801 (406)-243-4211

## Health Education/Risk Reduction Statewide Task Force (continued)

Michael Wood

Missoula City-County Health Dept.

301 West Alder Street

Missoula, MT 59801 (406)-721-5700

## Health Promotion Periodicals

Preventive Medicine USA: Health Promotion & Consumer Health Education. Prodist: New York, 1976.

Promoting Health, Center for Health Promotion, American Hospital Association, 480 N. Lakeshore Drive, Chicago, Illinois 60611, \$24/yr.

Employee Health & Fitness, American Health Consultants, 67 Peachtree Park Drive, N.E., Atlanta, Georgia 30309, \$87/yr.

Family & Community Health, Aspens Systems Corporation, 1600 Research Blvd., Rockville, Maryland 20895, \$26.75/yr.

Health Values: Achieving High Level Wellness, Charles B. Slack, Inc., 6900 Grove Road, Thorofare, New Jersey 08086, \$14/yr.

Health Promotion Review, Health Promotion Review, P. O. Box 161, Boulder Creek, California 95006, \$30/yr.

Medical Self-Care, Tom Ferguson, M.D., P. O. Box 717, Inverness, California 94937.

High Blood Pressure Control in the Worksetting, High Blood Pressure Information Center, Box WSA, 120/80, NIGH, Bethesda, Maryland 20205.

Public Health Reports, HRA Technical Relations Branch, Room 10-30, 3700 E-W Highway, Hyattsville, Maryland 20782.

## Health Risk Appraisal Programs\*

Personal Health Profile

General Health, Inc.

1046 Potomac Street, N.W.

Washington, D.C. 20007 (202)-965-4881

Medical Datamation

Marketing Division

Southwest and Harrison

Bellevue, OH 44811 (419)-483-6060

Interhealth - Life Extension Institute

2970 Fifth Avenue

San Diego, CA 92103 (714)-291-9490

Health Risk Assessment

Wisconsin Center for Health Risk Research

University of Wisconsin Center for Health Sciences

600 Highland Avenue

Madison, WI 53792 (608)-263-3010

\*Distribution of this list by the Preventive Health Services Bureau, Montana Dept. of Health & Environmental Sciences, Helena, does not constitute endorsement of the commercial suppliers of risk assessment programs or their materials.

Health Risk Appraisal Programs (continued)

Health Risk Appraisal

St. Louis County Health Department  
504 East Second Street  
Duluth, MN 55805 (218)-727-8661

Wellness Associates

42 Miller Avenue  
Mill Valley, CA 94941 (415)-383-3806

Institute for Lifestyle Improvement

University of Wisconsin  
Stevens Point, WI 54481 (715)-346-4646

Methodist Hospital of Indiana

Prospective Medicine  
1604 N. Capitol Avenue  
Indianapolis, IN 46202 (317)-924-8494

Health Hazard Appraisal

Department of Epidemiology and International Health  
Room 1699 HSW  
University of California -- San Francisco  
San Francisco, CA 94143 (415)-666-1375

Personal Health Appraisal

The Health Corporation  
2100 M Street, N.W., Suite 316  
Washington, D.C. 20063 (800)-424-8894 or (202)-872-5379

State Health Dept. Health Risk Appraisal

Montana Health Education/Risk Reduction Project  
Preventive Health Services Bureau  
Attn: Robert W. Moon  
Cogswell Building  
Helena, MT 59601 (406)-449-4740, ext. 23

High Blood Pressure Projects

Anaconda Indian Alliance Hypertension Control Project  
209 E. Park, Anaconda, MT 59711

Beaverhead County Hypertension Control Project  
Dillon, MT 59725

Butte-Silver Bow City-County Health Dept. Hypertension Control Project  
58 West Quartz, Butte, MT 59701

Carbon County Council on Aging Hypertension Control Project  
Bridger, MT 59014

Cascade City-County Health Dept. Hypertension Control Project  
1130 - 17th Avenue South, Great Falls, MT 59401

Golden Valley County Council on Aging  
Ryegate, MT 59074

Granite County Health Dept. Hypertension Control Project  
Box 144, Drummond, MT 59832

#### High Blood Pressure Projects (continued)

Helena Indian Alliance Hypertension Control Project  
436 North Jackson, Helena, MT 59601

Hi-Line Indian Alliance Hypertension Control Project  
Federal Building, Havre, MT 59501

Lake County Home Health Hypertension Control Project  
Polson, MT 59860

Lewis & Clark City-County Health Dept. Hypertension Control Project  
316 N. Park, Helena, MT 59601

Lincoln County Health Department Hypertension Control Project  
Libby, MT 59923

Missoula City-County Health Dept. Hypertension Control Project  
301 West Alder, Missoula, MT 59801

Musselshell County Senior Citizen Services Hypertension Control Project  
Roundup, MT 59072

North American Indian Alliance Hypertension Control Project  
12 E. Galena, Butte, MT 59701

Ravalli County Health Department Hypertension Control Project  
Hamilton, MT 59840

S.O.S. Health Center Hypertension Control Project  
Seeley Lake, MT 59868

Sanders County Council on Aging Hypertension Control Project  
Box 251, Hot Springs, MT 59845

Stillwater County Council on Aging Hypertension Control Project  
Park City, MT 59063

Wheatland County Council on Aging Hypertension Control Project  
Harlowton, MT 59036

Yellowstone City-County Health Dept. Hypertension Control Project  
Courthouse, Billings, MT 59101

#### Home Health Agencies

Area V Home Health Agency  
P. O. Box 608, Anaconda, MT 59711 (406)-563-3110

Yellowstone City-County Health Dept. Visiting Nurse Service  
Room 205, Courthouse, Billings, MT 59101 (406)-252-5181, ext. 220/221

Gallatin County Health Department  
Room 105, Courthouse, Bozeman, MT 59715 (406)-587-4297

Blackfeet Tribal Home Health Service  
P. O. Box 866, Browning, MT 59417 (406)-338-7317

City-County Home Health Service  
1635 Stuart, Butte, MT 59701 (406)-723-3282

Columbus Hospital Home Health Agency  
P. O. Box 5013, Great Falls, MT 59401 (406)-727-3333

Home Health Agencies (continued)

Montana Deaconess Medical Center Home Health Agency  
1101 - 26th Avenue South, Great Falls, MT 59405  
(406)-761-1200, ext. 5251

Ravalli County Public Health Nursing Service  
Courthouse, Box 5018, Hamilton, MT 59840 (406)-363-3223

West-Mont Health Care, Inc.  
530 North Ewing, Helena, MT 59601 (406)-443-4140

Flathead County Home Health Agency  
P. O. Box 919, Kalispell, MT 59901 (406)-755-5300, ext. 249/340/343

Holy Rosary Hospital Home Health Service  
2102 Clark Street, Miles City, MT 59301 (406)-232-2540

Missoula City-County Health Dept. (HHA)  
301 West Alder, Missoula, MT 59801 (406)-721-5700

Missoula Rehabilitation Center (HHA)  
2829 Fort Missoula Road, Missoula, MT 59801 (406)-728-3570

Lake County Home Health Agency  
8th and Main, Polson, MT 59860 (406)-883-6211, ext. 277

St. Joseph Home Health Care Agency  
Skyline Drive, Box 1010, Polson, MT 59860 (406)-883-5377

Nursing Care in the Home  
221 - 5th Street S.W., Sidney, MT 59270 (406)-482-2207/2224

Hospital Inservice Coordinators

Anaconda -- Barbara Kelly  
Baker -- Keitha McLoud  
Big Sandy -- Elizabeth Martin, R.N.  
Big Timber -- Lois Williams, R.N.  
Billings (Deaconess) -- Howard Zankner  
Billings (St. Vincent) -- Terry Radcliffe  
Bozeman -- Herva Simpson  
Butte (St. James) -- Pat Monahan, Diane Clark  
Butte (Silver Bow) -- Mary Warner  
Chester -- Shirley Kulpas  
Choteau -- Ardene Zion  
Circle -- Cloe Idland  
Columbus -- Rose Blenker  
Conrad -- Danette Johnson, R.N.  
Culbertson -- Valley Mikkels  
Cut Bank -- Beverly Burrows  
Deer Lodge -- Barbara Simonsen  
Dillon -- Ruth Haugland  
Ekalaka -- Pat Keith  
Ennis -- Lois Olsen, R.N.  
Forsyth -- Pat Keith  
Fort Benton -- Maxine McDede  
Glasgow (Frances Mahon) -- Virginia Bortas  
Glendive -- Maxine Voorhees



#### Hospital Inservice Coordinators (continued)

Great Falls (Columbus) -- Phyliss Sherburne  
Great Falls (Montana Deaconess) -- Ester Lantz  
Hamilton -- Jean Clary  
Hardin -- Cherly Meyer  
Harlowton -- June Holmes  
Havre -- Marian Bachini  
Helena (St. Peter's) -- Frances Voss  
Helena (Shodair) -- Lois DeFord  
Jordan -- Maxine Sickles  
Kalispell -- Ruth Barber  
Lewistown -- Sue Rumman  
Libby -- Kathryn Danel  
Livingston -- Gloria Guidi  
Malta -- Sue Smith  
Miles City -- Frances Grasky  
Missoula (St. Patrick) -- Donna Schramm  
Missoula (Missoula Community) -- Pat Barrett  
Missoula (Missoula General) -- Carolyn St. Charles  
Philipsburg -- Janice Edgar  
Plains -- Elena Icenoggle  
Plentywood -- Dorothy Wagenson  
Polson -- Marchita Funk  
Poplar -- Shirley Gabrielson  
Red Lodge -- Mona Nutting  
Ronan -- Leah Emerson  
Roundup -- Dorothy Harper  
St. Ignatius -- Jean Schreffler  
Scobey -- Mary Nyhus  
Shelby -- Donna Carter  
Sheridan -- Mary Telson  
Sidney -- Avis Peterson  
Superior -- Frances Woods, R.N.  
Terry -- Arlene Hubbert  
Townsend -- Mary Hargrove  
White Sulphur Springs -- Betty Clay, R.N.  
Wolf Point -- Bonnie Wemmer  
Whitefish -- Lela Lane

#### Local Health Departments

Cascade City-County Health Department  
1130 17th Avenue South  
Great Falls, MT 59405 (406)-761-6700  
  
Flathead County Health Department  
723 5th Avenue East  
Kalispell, MT 59901 (406)-755-5300  
  
Lewis & Clark City-County Health Department  
316 North Park  
Helena, MT 59623 (406)-443-1010

Local Health Departments (continued)

Missoula City-County Health Department  
301 West Alder  
Missoula, MT 59801 (406)-721-5700

Butte-Silver Bow Health Department  
58 West Quartz  
Butte, MT 59701 (406)-723-8262

Yellowstone County Health Department  
Room 205, Courthouse  
Billings, MT 59101 (406)-252-5181

Mental Health

Eastern Montana Mental Health Center  
1819 Main  
Miles City, MT 59301 (406)-232-0234

Northcentral Montana Community Mental Health Center  
P. O. Box 3048  
Great Falls, MT 59403 (406)-761-2100

South Central Montana Regional Mental Health Center  
1245 North 29th Street  
Billings, MT 59101 (406)-252-5658

Southwest Montana Mental Health Center  
801 N. Last Chance Gulch (Mailing Address)  
512 Logan  
Helena, MT 59601 (406)-442-0310

Western Montana Comprehensive Developmental Center  
402 South 4th West  
Missoula, MT 59801 (406)-549-6413

Physical Fitness

President's Council on Physical Fitness and Sports  
400 Sixth Street, S.W.  
Washington, D.C. 20201

American College of Sports Medicine  
1440 Monroe Street, N.W.  
Madison, WI 53706 (608)-262-3632

City Recreation Programs

Anaconda -- 563-8421  
Billings -- 245-8989  
Bozeman -- 586-6527  
Browning -- 338-2344  
Butte -- 792-7664  
Cut Bank -- 873-5526  
Glasgow -- 228-8341  
Glendive -- 365-3318  
Great Falls -- 727-5881  
Havre -- 265-5781  
Helena -- 442-9920  
Kalispell -- 755-5300  
Miles City -- 232-3061

Physical Fitness (continued)

City Recreation Programs

Missoula -- 721-4700

Sidney -- 482-2809

Wolf Point -- 653-1852

YMCA Programs

Butte Family YMCA

405 W. Park Street

Butte, MT 59701 (406)-782-1266

Great Falls Family YMCA

P. O. Box 2386

Great Falls, MT 59403 (406)-727-0854

Greater Missoula Family YMCA

2900 Russell

Missoula, MT 59801 (406)-728-1440

Helena Family YMCA

1200 N. Last Chance Gulch

Helena, MT 59601 (406)-442-2386

Recommended Publications on Disease Prevention/Health Promotion

Promoting Health--Preventing Disease: Objectives for the Nation, HHS-PHS, Fall, 1980. This volume sets specific and measurable objectives for areas of preventive health, health protection, and health promotion that are important to achieving national health aspirations.

Model Standards for Community Preventive Health Services, Report to Congress from Secretary of H.E.W., August, 1979. This report on standards presents an innovative framework for assessing preventable health problems and preventive services in communities.

Health People--The Surgeon General's Report on Health Promotion and Disease Prevention, US-HEW, 1979. A document presenting the emerging consensus that the nation's health strategy must be dramatically recast to emphasize the prevention of disease.

Self Care Lay Initiatives in Health, Lowell Levin, 1979. This book presents an overview of self-care, its function in primary care, some of the main issues that arise in considering its future development, and the challenges self-care poses in research.

Toward A Healthy Community, Office of Health Promotion, Information, Physical Fitness, and Sports Medicine, HHS-PHS, 1980. A packet to assist communities in organizing for preventive efforts that promote health and prevent disease.

Prevention '80, US-HHS-PHS, 1980. This booklet summarizes major developments in health prevention and reviews how to achieve prevention objectives.

Forward Plan for Health, Anne Somers, Editor.

Recommended Publications on Disease Prevention/Health Promotion (continued)

Smoking and the Workplace: Toward a Healthier Work Force, National Interagency Council on Smoking and Health, 291 Broadway, New York, NY 10001.

Improving the Chances for Health: Lifestyle Change and Health Evaluation, National Center for Health Education, 211 Sutter Street, Fourth Floor, San Francisco, CA 94108.

Red Cross Chapters

Butte Chapter  
American Red Cross  
101 West Granite  
Butte, MT 59701 (406)-782-8358

Five Rivers Chapter  
American Red Cross  
P. O. Box 661  
Bozeman, MT 59715 (406)-587-4611

Flathead County Chapter  
American Red Cross  
723 Fifth Avenue East  
Kalispell, MT 59901 (406)-257-3433

Lewis & Clark County Chapter  
American Red Cross  
Room 205, Neighborhood Center  
201 South Last Chance Gulch  
Helena, MT 59601 (406)-442-0260

Midland Empire Chapter  
American Red Cross  
2705 Montana Avenue  
Billings, MT 59101 (406)-245-3512

Missoula/Mineral County Chapter  
American Red Cross  
1429 South Higgins  
Missoula, MT 59801 (406)-549-6441

Regional Clearinghouses

Billings Areawide Clearinghouse  
Billings-Yellowstone City-County Planning Board  
P. O. Box 1178, 4th Floor, Library Building  
510 N. 28th  
Billings, MT 59101 (406)-245-8989

Five Valleys Economic Development District-Areawide Clearinghouse  
119 West Front  
Missoula, MT 59801 (406)-728-8971

Metropolitan Area Clearinghouse  
Great Falls-Cascade County Planning Board  
Civic Center  
Great Falls, MT 59401 (406)-727-5881

### Regional Clearinghouses (continued)

Montana State Clearinghouse  
Office of the Governor  
Budget and Program Planning  
Capitol Building  
Helena, MT 59620 (406)-449-3616

### Resource Directories

Health Information Resources in the Dept. of HHS  
National Health Information Clearinghouse  
P. O. Box 1133  
Washington, D.C. 20013

Rural Health in the West  
Health Resources Program  
Western Interstate Commission for Higher Education  
P. O. Drawer P  
Boulder, CO 80302

Aging and Health Events  
Montana Center for Gerontology  
Montana State University  
Bozeman, MT 59717

Community Education Personnel and Resource Directory  
Office of Public Instruction  
Helena, MT 59601

Montana Community Education Talent Bank (A Directory of Resources  
for Community Education Processes)

### Smoking Prevention and Cessation

Action on Smoking and Health (ASH)  
2000 H Street, N.W., Suite 301  
Washington, D.C. 20006 (202)-659-4310

General Headquarters -- 5 Day Plan to Stop Smoking  
7th Day Adventist Church  
Narcotics Education Division  
6840 Eastern Avenue, N.W.  
Washington, D.C. 20012 (202)-723-0800

Group Against Smoke Pollution (GASP)  
P. O. Box 682  
College Park, MD 20740

Mr. Fit Program  
National Heart, Lung, and Blood Institute  
National Institutes of Health  
Bethesda, MD 20014 (703)-860-0200

National Association on Smoking and Health  
4155 East Jewel Avenue  
Denver, CO 80222 (303)-753-0777

National Clearinghouse for Smoking and Health  
U.S. Public Health Service  
Center for Disease Control  
Atlanta, GA 30333 (404)-633-3311

Smoking Prevention and Cessation (continued)

National Interagency Council on Smoking and Health  
419 Park Avenue South  
New York, NY 10016 (212)-532-6035

Office on Smoking and Health Technical Information Center  
Park Building, Room 158  
5600 Fishers Lane  
Rockville, MD 20857 (301)-443-1690

Schick Laboratories  
1901 Avenue of the Stars, Suite 1530  
Los Angeles, CA 90067

School Health Curriculum Project  
Bureau of Health Education  
Community Program Development Division  
Centers for Disease Control  
Atlanta, GA 30333

Smokenders  
Memorial Parkway  
Philipsburg, NJ 08865

The Tobacco Institute  
1776 K Street, N.W.  
Washington, D.C. 20006 (202)-457-4800

State Hotlines

Citizens Advocate 1-800-332-2272  
Dept. of Fish, Wildlife & Parks 1-800-221-6117  
Montana Poison Control System 1-800-525-5042  
MPS Medicare 1-800-332-6146  
Social Security 1-800-332-7770  
SRS Medical Assistance 1-800-332-2271  
State Library 1-800-332-3400  
Supt. of Public Instruction 1-800-332-3402

State Newsletters

Actions for Health, 4H for Health  
Montana Cooperative Extension Service  
Montana State University, Taylor Hall  
Bozeman, MT 59717

Aging & Health Events  
Montana Center for Gerontology  
Montana State University  
Bozeman, MT 59717

Emergency Response  
Emergency Medical Services Association  
2321 Broadwater Avenue  
Billings, MT 59102

MCA Monitor  
Montana Council on Alcoholism  
616 Helena Avenue, Suite 104  
Helena, MT 59601

State Newsletters (continued)

MHA Newsletter

Montana Public Health Association  
Cogswell Building  
Helena, MT 59601

MHA's Washington Scene

Montana Hospital Association  
Helena, MT 59601

Message From the President

Montana Foundation for Medical Care  
Box 5117  
Helena, MT 59601

Montana Committee for the Humanities Newsletter

P. O. Box 8036 Hellgate Station  
Missoula, MT 59807

Montana Medical Association

2021 11th Avenue, Suite 12  
Helena, MT 59601

Montana Pharmaceutical Association

Box 6335  
Great Falls, MT 59406

MontanAir

Montana Lung Association  
825 Helena Avenue  
Helena, MT 59601

Plan Scanner

Blue Cross of Montana  
P. O. Box 5004  
Great Falls, MT 59403

Pulse

Montana Nurses Association  
1716 9th Avenue  
P. O. Box 5718  
Helena, MT 59601

S V New Edition

St. Vincent's Hospital  
1233 North 30th Street  
P. O. Box 2505  
Billings, MT 59103

Self-Care Hotline

Missoula City-County Health Dept.  
301 West Alder  
Missoula, MT 59801

Smoke Signals

American Cancer Society  
2820 1st Avenue South  
Billings, MT 59101

State Newsletters (continued)

The Habit

Montana Alcohol and Drug Abuse Division Newsletter  
1539 11th Avenue  
Helena, MT 59601

The Pump

Montana Heart Association  
Box 5119  
Helena, MT 59601

Treasure State Health

Public Information Office  
Dept. of Health & Environmental Sciences  
Helena, MT 59620

WAMI (Washington, Alaska, Montana, Idaho)

University of Washington  
School of Medicine  
Seattle, WA 98195

Statistical Data Sources (Morbidity and Mortality)

Billings Area Indian Health Service

Public Health Service  
P. O. Box 2143  
Billings, MT 59101 (406)-657-6178

Blue Cross of Montana

3360 10th Avenue South  
Great Falls, MT 59405 (406)-761-7310

Bureau of Business & Economic Research

University of Montana  
Missoula, MT 59801

Bureau of Records and Statistics

Montana Dept. of Health & Environmental Sciences  
Cogswell Building  
Helena, MT 59620 (406)-449-2614

Centers for Disease Control

Consolidated Surveillance and Communications Activity  
Bureau of Epidemiology  
Atlanta, GA 30333

Dept. of Administration

Research and Information Systems Division  
Capitol Building  
Helena, MT 59620

Dept. of Health and Human Services

Public Health Service  
Office of Health Research, Statistics, and Technology  
Hyattsville, MD 20782



Statistical Data Sources (Morbidity and Mortality) (continued)

Montana Foundation for Medical Care  
2717 Airport Road  
Helena, MT 59601 (406)-443-4020

Montana Health Systems Agency  
324 Fuller Avenue  
Helena, MT 59601 (406)-443-5965

Montana Hospital Association  
1720 9th Avenue  
Helena, MT 59601 (406)-442-1911

Montana Physicians' Service--Blue Shield  
404 Fuller Avenue  
Helena, MT 59601 (406)-442-5450

National Center for Health Statistics  
Center Building, Room 2-27  
3700 East-West Highway  
Hyattsville, MD 20782 (301)-436-7035

TV, Radio, Newspapers

INTERMOUNTAIN NETWORK (IMN)  
Montana News Bureau  
Washington Plaza, Room 15  
2021 11th Avenue  
Helena, MT 59601 (406)-442-9670

ASSOCIATED PRESS (AP)  
Box 5810  
Helena, MT 59601 (406)-442-7440

UNITED PRESS INTERNATIONAL (UPI)  
Box 4595  
Helena, MT 59601 (406)-442-6470

Contact local television and radio stations.

Newspapers (by county):

BEAVERHEAD: Dillon Tribune-Examiner  
BIG HORN: Hardin Herald  
BLAINE: Chinook Opinion; Harlem News  
BROADWATER: Townsend Star  
CARBON: Carbon County News, Red Lodge; Clarks Fork Bonanza, Bridger  
CARTER: Ekalaka Eagle  
CASCADE: Belt Valley Times, Belt; Cascade Courier; Great Falls Tribune;  
Montana Catholic Register  
CHOUTEAU: Mountaineer, Big Sandy; River Press, Fort Benton  
CUSTER: Miles City Star  
DANIELS: Daniels County Leader, Scobey  
DAWSON: Ranger-Review, Glendive  
DEER LODGE: Anaconda Leader  
FALLON: Fallon County Times, Baker  
FERGUS: News-Argus, Lewistown  
FLATHEAD: Bigfork Eagle; Hungry Horse News, Columbia Falls;  
Daily Inter Lake, Kalispell; The News, Kalispell; Whitefish Pilot  
GALLATIN: Bozeman Daily Chronicle; Three Forks Herald; The High Country,  
Bozeman

TV, Radio, Newspapers (continued)

GARFIELD: Jordan Tribune  
GLACIER: Glacier Reporter, Browning; Cut Bank Pioneer Press;  
Western Breeze, Cut Bank  
GOLDEN VALLEY: Times-Clarion, Harlowton  
GRANITE: Philipsburg Mail  
HILL: Havre Daily News  
JEFFERSON: Boulder Monitor  
JUDITH BASIN: Judith Basin Press, Stanford  
LAKE: Falthed Courier, Polson; Mission Valley News, St. Ignatius  
LEWIS & CLARK: Independent Record, Helena; Westmont Word, Helena  
LIBERTY: Liberty County Times, Chester  
LINCOLN: Tobacco Valley News, Eureka; Western News, Libby  
MADISON: Madisonian, Virginia City  
McCONE: Circle Banner  
MEAGHER: Meagher County News, White Sulphur Springs  
MINERAL: Mineral Independent, Superior  
MISSOULA: Missoulian, Missoula  
MUSSELSHELL: Roundup Record-Tribune  
PARK: Livingston Enterprise; Park County News, Livingston  
PETROLEUM: Winnett Times  
PHILLIPS: Phillips County News, Malta  
PONDERA: Independent-Observer, Conrad; Valier Spray  
POWDER RIVER: Powder River Examiner, Broadus  
POWELL: Silver State Post, Deer Lodge  
PRAIRIE: Terry Tribune  
RAVALLI: Ravalli Republic, Hamilton  
RICHLAND: Fairview News; Sidney Herald  
ROOSEVELT: Searchlight, Culbertson; The Big Muddy Journal, Froid;  
Herald-News, Wolf Point  
ROSEBUD: Forsyth Independent  
SANDERS: Plainsman, Plains; Sanders County Ledger, Thompson Falls  
SHERIDAN: Plentywood Herald  
SILVER BOW: Montana Standard, Butte  
STILLWATER: Absarokee Sun; Stillwater County Citizen, Columbus  
SWEET GRASS: Big Timber Pioneer  
TETON: Chouteau Acantha; Fairfield Times; Wheat Center News, Dutton  
TOOLE: Shelby Promoter & Tribune; Shelby Times  
TREASURE: Hysham Echo  
VALLEY: Glasgow Courier  
WHEATLAND: Times-Clarion, Harlowton  
WIBAUX: Wibaux Pioneer-Gazette  
YELLOWSTONE: Billings Gazette; Billings Times; Laurel Outlook;  
Yellowstone County News, Ballantine

Weight Maintenance/Nutrition

Food and Nutrition Information Center  
National Agricultural Library Building  
Room 304  
Beltsville, MD 20705 (301)-344-3719  
  
National Nutrition Education Clearinghouse  
Suite 1110, 2140 Shattuck Avenue  
Berkeley, CA 94704 (415)-548-1363

Welfare (County Welfare Departments, by County)

BEAVERHEAD: Dillon, 683-2142  
BIG HORN: Hardin, 665-1907  
BLAINE: Chinook, 357-2276  
BROADWATER: Townsend, 266-3447  
CARBON: Red Lodge, 446-1302  
CARTER: Ekalaka, 775-8751  
CASCADE: Great Falls, 761-6605  
CHOUTEAU: Fort Benton, 622-5432  
CUSTER: Miles City, 232-1247  
DANIELS: Scobey, 487-2721  
DAWSON: Glendive, 365-4314  
DEER LODGE: Anaconda, 563-3448  
FALLON: Baker, 778-2512  
FERGUS: Lewistown, 538-7468  
FLATHEAD: Kalispell, 755-5300  
GALLATIN: Bozeman, 587-3193  
GARFIELD: Jordan, 557-2297  
GLACIER: Cut Bank, 873-5534; Browning, 338-5131  
GOLDEN VALLEY: Ryegate, 568-2231  
GRANITE: Philipsburg, 859-3671  
HILL: Havre, 265-5481  
JEFFERSON: Boulder, 225-3327  
JUDITH BASIN: Stanford, 566-2461  
LAKE: Polson, 883-5211  
LEWIS & CLARK: Helena, 442-2020  
LIBERTY: Chester, 334-3841  
LINCOLN: Libby, 293-7781; Eureka, 296-2722  
MADISON: Virginia City, 843-5361  
McCONE: Circle, 485-3425  
MEAGHER: White Sulphur Springs, 547-3752  
MINERAL: Superior, 822-4551  
MISSOULA: Missoula, 543-6641 (EA), or 728-7210 (SS)  
MUSSELSHELL: Roundup, 323-2101  
PARK: Livingston, 222-1173  
PETROLEUM: Winnett, 429-5311  
PHILLIPS: Malta, 654-2252  
PONDERA: Conrad, 278-5222  
POWDER RIVER: Broadus, 436-2621  
POWELL: Deer Lodge, 846-1092  
PRAIRIE: Terry, 637-5570  
RAVALLI: Hamilton, 363-1944  
RICHLAND: Sidney, 482-2015  
ROOSEVELT: Wolf Point, 653-1512  
ROSEBUD: Forsyth, 356-2563; Lame Deer, 477-6251  
SANDERS: Thompson Falls, 827-3581  
SHERIDAN: Plentywood, 765-1370  
SILVER BOW: Butte, 792-2351 (EA), 792-0436 (SS), 723-6002 (FS),  
723-6054 (MA)  
STILLWATER: Columbus, 322-5331

Welfare (continued)

SWEET GRASS: Big Timber, 932-2566  
TETON: Choteau, 466-5721  
TOOLE: Shelby, 434-5022  
TREASURE: Hysham, 342-5547  
VALLEY: Glasgow, 654-2252  
WHEATLAND: Harlowton, 632-5611  
WIBAUX: Wibaux, 795-2403  
YELLOWSTONE: Billings, 248-1691

Women's Health

Blue Mountain Women's Clinic  
218 E. Front  
Missoula, MT 59801 (406)-542-0029  
  
Yellowstone Valley Women's Clinic  
2722 Montana Avenue  
Billings, MT 59101 (406)-245-6075



